Emily Harper – Boise, Idaho

Hi!!

My name is Emily and I have used homeopathy for poison ivy successfully several times. Now if my daughter and I do react, it is only a tiny spot instead of a big drawn out deal. I used arnica for a sprained ankle so I knew they worked. But I really did not know how to find a remedy that fit other things UNTIL I found Joette Calabrese's site. What a blessing! I started reading and searching and found such an abundance of information, for free I might add! I decided to try them out. I thought I would try big with a problem I have had for 50 years. Severe anxiety about everything. It was finally diagnosed as PTSD by a chiropractor who tried breathing treatments. But it was not effective. So I suffered, reacting badly to any stressful situation. When triggers came (which was daily) I felt like one does when they almost have a car accident. I refused to take conventional medicine after seeing how that turned out for others. So, I just lived with it. Reading Joette's blog, I chose Ignatia 200C. I took it for one week and suddenly I noticed there was no anxiety. My triggers such as loud noises or anything perceived as a bad comment, (which were not that bad) would shut me down. I worried about everything and internalized everything. I learned to hide my anxiety. I really knew no other way.

I had been diagnosed with near adrenal failure by an MD in an integrative medical setting, supplements and other things they did helped, but it eventually came back as the root wasn't pulled out. Now in one week, for $8.99 I am free of anxiety. I wish I had known that years ago. I would have used homeopathy instead of the thousands I spent on other treatments that did not have lasting effects. Now my adrenals

can heal. I have only just begun learning about the amazing homeopathic I truly appreciate! Now I am going to work on healing the rest of me and my family!

Thank you Joette and the Practical Homeopathy team for giving me my life back. As I write to you I am appreciating the calmness that I feel. Praise the Lord!! You are doing very important work. Keep it up!